

NEW YOU

WINTER

THE VOICE OF HEALTH & BEAUTY

112
Gifts that
Give &
Give Back

Weightloss
Lipo
for Health

Millennial
Dating

Stemcells
& Skincare

Have
Heavenly
Hair

TEATOX TIME

Teatoxes (tea detoxes), sips that cleanse and nourish the body from the inside out, have a multitude of healthy benefits, are easy to incorporate into any diet, and don't require skipping or replacing meals. But are they all they're brewed up to be?

Our expert Gabrielle Francis, naturopathic doctor and author of *The Rockstar Remedy*, reads the leaves. Happy brewing! By Samantha Boden

What the Expert Says

"The PM tea is a blood purifier and helps the skin, it's good for people with water retention and bloating." "The all-day tea is a liver detoxification and the PM tea helps digestion by working as a gentle laxative."

Your Tea Tiny Tea 14-Day Teatox (\$35, yourtea0.com)

What It Does
→ Helps with digestive health and bloating
→ Removes toxins
→ Promotes skin health
→ Fights cellulite

Key Ingredients

luo ming zi, he ye, shan zhu

What the Expert Says

"This would be beneficial as a diuretic and has the potential to reduce cellulite. Should be accompanied by lots of water."

"Should not be used by pregnant or breast-feeding women and is not gluten-free."

Kusmi BB Detox (\$21, kusmittea.com)

What It Does

→ Removes excess fluid from the body
→ Improves skin's appearance
→ Boosts toxin removal

Key Ingredients

Green tea, mate, guarana, grapefruit

What the Expert Says

"Grapefruit is great as a diuretic and for cellulite. Guarana can suppress appetite. It is not good for pregnant women, or if you suffer from anxiety and insomnia."

Sakara Detox Tea (\$20, sakaralife.com)

What It Does

→ Soothes digestion
→ Cleans sinuses and kidneys
→ Scrubs digestive tract of toxins
→ Aids in reducing stomach pain

Key Ingredients

Red radish, rose petals, Indian flower

What the Expert Says

"The rose and radishes are gentle blood cleansers and have lots of antioxidants. The Linden helps as a diuretic and digestive tonic. However, there is no way to see all herbs in the tea from the website."

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Teami Detox 30 Day Pack: Skinny Loose Leaf and Colon Cleanse Tea Bags (\$60, teami0leaves.com)

What It Does

→ Boosts metabolism
→ Tamps appetite and cravings
→ Burns stored fat
→ Flushes out "hang" toxins

Key Ingredients

oolong, ginger root, senno leaf, yerba mate

What the Expert Says

"The Skinny Tea increases metabolism and burns fat, as cooling and mate have caffeine. This tea may exacerbate hot flashes in menopausal women." "The Colon Cleanse tea is a strong laxative. Short-term use is safe. Cleans out the colon and adds fiber to the diet. Long-term use could weaken the colon."